

## ABSTRACT OF THE DISCLOSURE

An ink jet recording apparatus for jetting ink onto a recording medium having: an ink cartridge; an ink jet recording head; and an ink supply tube which connects the ink cartridge and the ink jet recording head, wherein a driving frequency of the ink jet recording head is 15 kHz or above, and an average surface roughness of an inner surface of the ink supply tube is 200 to 2,000 nm.